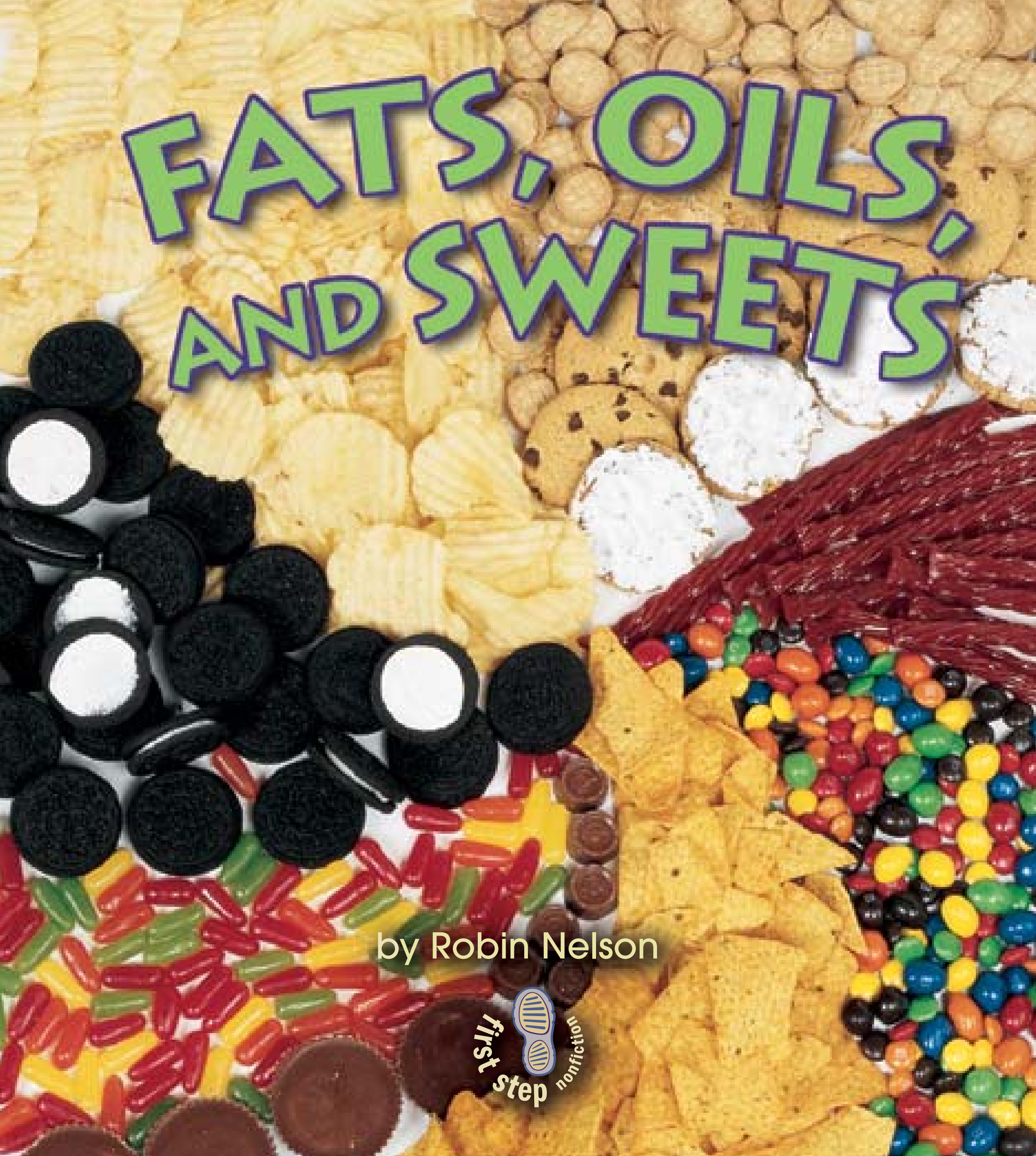
Fats, Oils, and Sweets

by Robin Nelson



first step nonfiction

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We need to eat many kinds of food to be **healthy**.



We should not eat a lot of **fats**, **oils**, and **sweets**.



Oil is a kind of fat.



Sweets have a lot of sugar.



Too much fat and sugar
can make us sick.



Too much fat and sugar
can be **unhealthy**.



There are many snacks in this group.



We should not eat too many cookies.



We should not eat too
many french fries.



We should not drink too much soda.



We can choose healthy snacks.



We can eat popcorn.



We can eat vegetables.



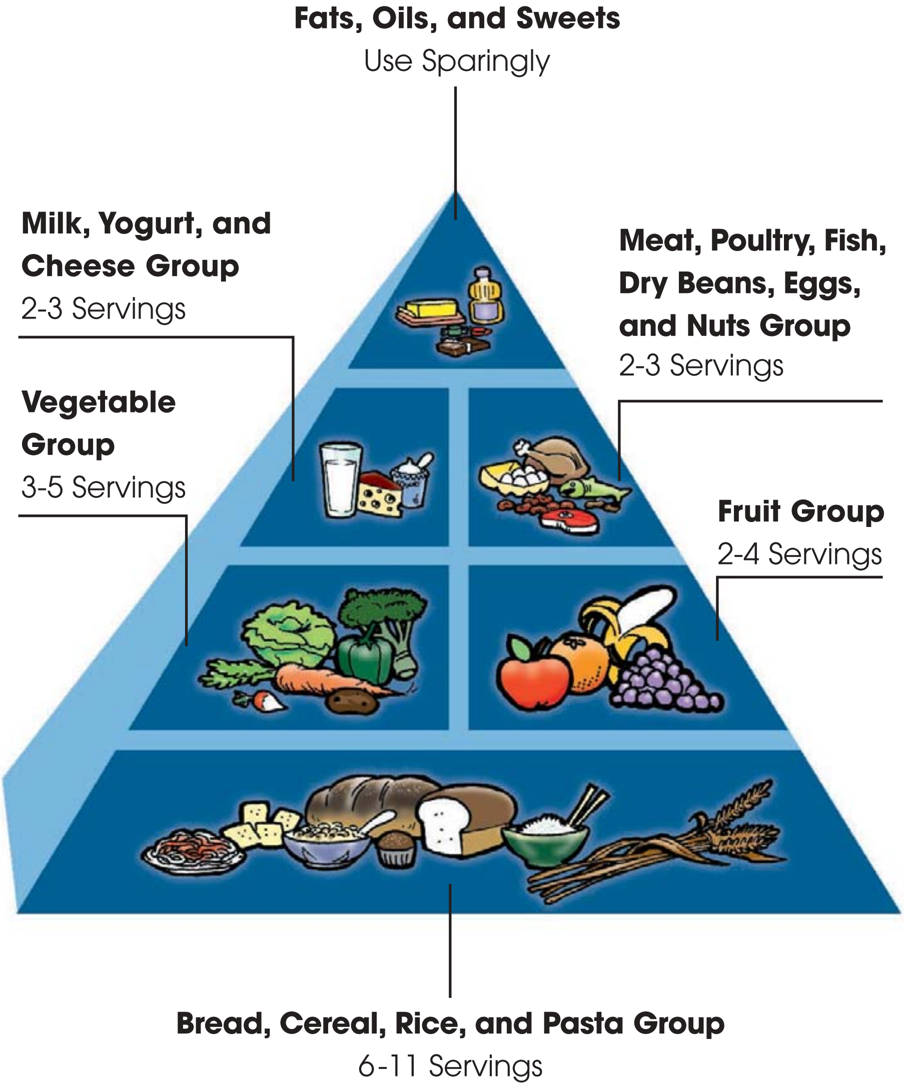
We can eat fruits.



We can eat yogurt.



Watching what I eat keeps me healthy.


Fats, Oils, and Sweets
Use Sparingly
Milk, Yogurt, and Cheese Group
2-3 Servings
Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group
2-3 Servings
Vegetable Group
3-5 Servings
Fruit Group
2-4 Servings
Bread, Cereal, Rice, and Pasta Group
6-11 Servings

Fats, Oils, and Sweets

The food pyramid shows us how many servings of different foods we should eat every day. Fats, oils, and sweets are at the top of the food pyramid. This part of the pyramid is the smallest because you should not eat very many foods from this group. Many snacks like chips, cookies, candy, and soda belong to this group. The foods in this group taste good, but they have a lot of sugar or fat in them.

Fats, Oils, and Sweets Facts

- The most popular ice cream flavor is vanilla.
- The first chocolate chip cookie was invented by Ruth Graves Wakefield in 1930.
- Americans drink over 13 billion gallons of soft drinks each year.
- Each year, the most candy is sold during Halloween.
- Potato chips are Americans' favorite snack food.

- Seven billion pounds of chocolate and candy are manufactured each year in the United States.
- Candy is the number one choice among children for an afternoon snack.
- If all the Easter jellybeans eaten by Americans in one year were lined end to end, they would circle the globe almost three times.

Glossary



fats – parts of food that give you energy



healthy – not sick; well



oils – fatty liquids used in food



sweets – foods that contain a lot of sugar and taste good



unhealthy – sick; not well

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